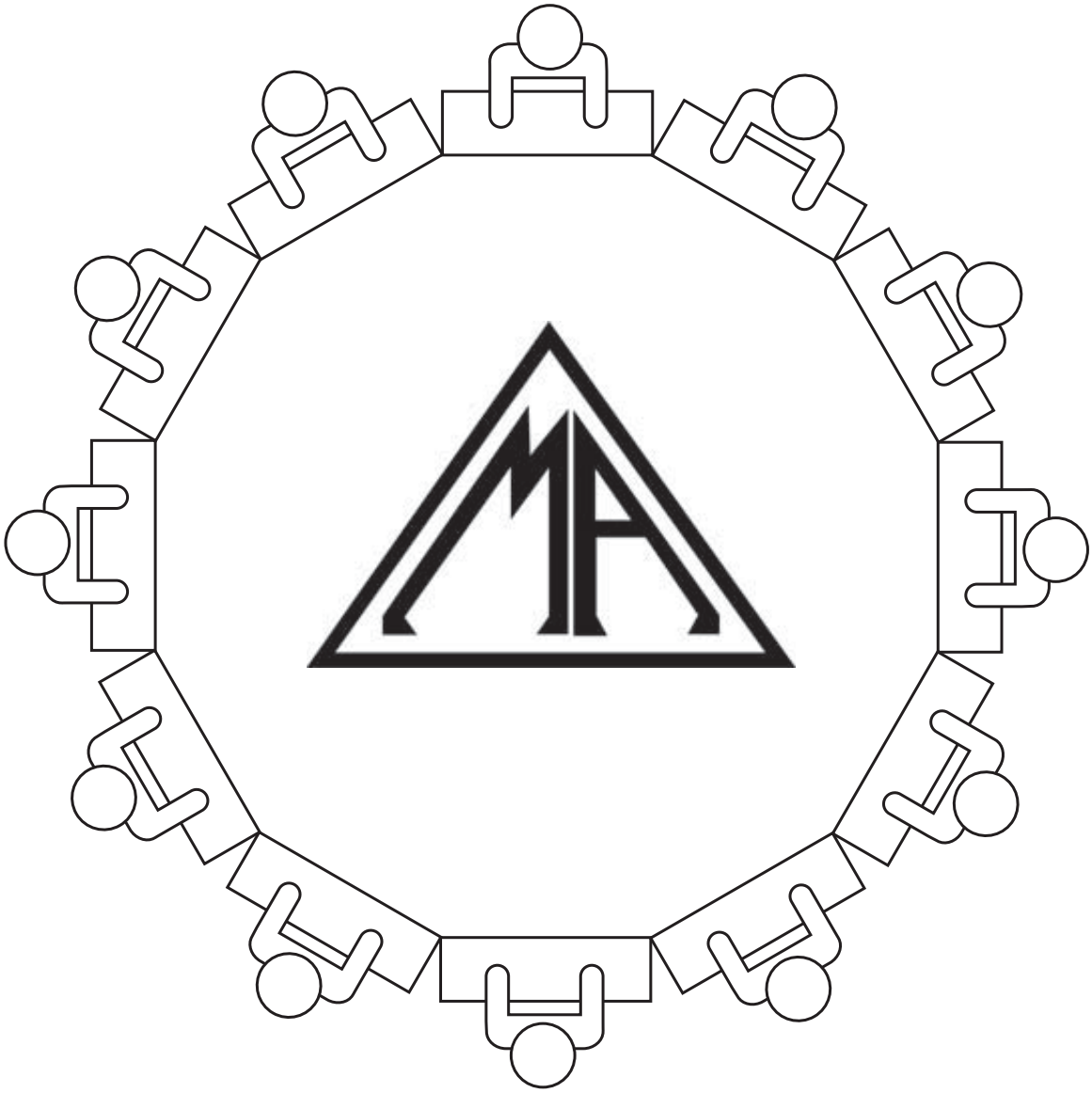

Marijuana Anonymous World Services
Conference 2013

MOTION PACKET

MOTION 1:

TITLE: Meditation Flier to be added to MA Literature.

SUBMITTED BY: Sheila S, District 6

BACKGROUND/ORIGIN: How do I meditate? The question of meditation is a common one, and District 6 developed a Mediation pamphlet explaining the basics. This pamphlet has been distributed in our District for a number of years now, and could be very useful to the fellowship as a whole. (Please see Addendum to the Conference Packet for the full Meditation Pamphlet).

MOTION 1: To adopt the Mediation pamphlet into MA literature.

MOTION 2

TITLE: Suggested District Service Committee Addition: Internet Subcommittee

SUBMITTED BY: MAWS Internet Committee

BACKGROUND/ORIGIN: All existing MA Districts have chosen to use the Internet to promote unity and to support local efforts to carry the MA message to the marijuana addict who still suffers. Acknowledging the significance of the effort, many Districts have selected one or more members to coordinate or perform the work associated with developing and maintaining a District website. Establishment and maintenance of District Service Committee listservs, groups (e.g. Yahoo Groups) or other message boards are a related activity.

Until now, the MA Service Manual has provided no guidance or suggestions to support Districts in this area.

MOTION 2: Amend the Service Manual, Chapter 12 SUBCOMMITTEES, page 28, to add the following language between items "F" and "G":

G. INTERNET – The Internet subcommittee is responsible for the development, administration and maintenance of the district website and other Internet-based facilities used by the district. Activities typically include:

- Works with the Secretary to ensure that group meeting information is kept up-to-date; communicates changes to the MAWS Office Manager.
- Works with the Events chairperson so that upcoming events are communicated to the membership.
- Works with the Public Information and Hospitals and Institutions chairpersons to ensure that related content is available on the website.
- Ensures that website content is consistent with the Twelve Traditions, paying particular attention to anonymity and guarding against the appearance of affiliation with or endorsement of outside entities.
- Ensures that the domain name registration is kept current.
- Selects Internet service providers that offer a competitive value; ensures that accounts are current to avoid service interruptions.

- Ensures that files are backed up and safely archived.
- Monitors the website ensuring its ongoing operation.
- Reports to the District Service Committee regularly on updates, operations and opportunities.

It is suggested that the district chairperson of this subcommittee join the World Services Internet Committee.

MOTION 3

TITLE: Publish MAWS Smartphone App – MA Mobile

SUBMITTED BY: MAWS Internet Committee

BACKGROUND/ORIGIN:

The explosive growth in the use of mobile devices such as smartphones and tablet computers offers Marijuana Anonymous a new opportunity to carry its message to the marijuana addict who still suffers. Distribution of a smartphone app will make MA meetings more accessible and present MA content, such as literature, in an interactive format. *MA Mobile*, the name given to the custom application that the Internet Committee presently has in development, will allow users to have a direct connection to MA services wherever they are.

MA Mobile will use a GPS-enabled meeting finder allowing users to locate in-person meetings within a radius or other geographic area. It also offers the ability to find and join virtual meetings by dialing the number for a phone meeting or launching a chat client to join an online meeting with a tap on a touchscreen.

This app also has the ability to present MA literature and features an interactive workbook enabling members to work the steps wherever and whenever it is convenient. The literature remains available without a network connection, such as when the device is in "airplane mode." Unlike a printed book or pamphlet, the literature can be cross-referenced with hyperlinks.

These features provide a new way for members and members-to-be to discover some of what the MA program of recovery has to offer. It quickly shows what meetings are available to the user, and presents the literature in a way that encourages the steps to be worked. The app also integrates a mobile-friendly interface to the Marijuana Anonymous Connection Forum at http://forum.marijuana-anonymous.org/. Currently in development is the ability to read the *A New Leaf* newsletter.

Residing on devices that users tend to carry around, *MA Mobile* becomes a useful companion which is immediately available the moment the idea of recovery – or of using – comes to mind.

This motion includes the annual costs of a hosted source code repository using the GitHub service. A repository is both a collaboration tool, providing a central location for code managed by a revision control system, and an issue tracker to manage bugs, feature enhancement requests, and other issues. It puts all of these resources under the control of the MAWS Internet Committee, untied to any individual. Such a software archive allows Marijuana Anonymous to keep the code private so that MAWS can better insure the integrity of *MA Mobile* pursuant to this motion.

This motion also includes the costs of publishing the app in the iTunes store for the Apple iOS version, and the Google Play and Amazon app stores for the Android version. The Amazon store is important because it allows the app to be used on popular and inexpensive Kindle Fire devices, and since the store is *curated* like the iTunes store (i.e., apps are reviewed before they are made available), users enjoy third-party assurance of the quality and safety of the app.

MOTION 3:

1. Accept current Internet Committee smartphone app project, referred to here as *MA Mobile*, as an official MAWS project under the control of the MAWS Board of Trustees. MAWS, Inc. shall assume ownership of the code, and further development shall continue to be under the supervision of the Internet Committee

a. Content under purview of Literature Committee
b. Code under purview of Internet Committee
c. Terms and Conditions under purview of Policies and Procedures Committee

2. Maintain a MAWS GitHub account with a private project to manage code, issues, and documents, under control of the Internet Trustee, appropriating fees as necessary [currently $7/mo., which is $84/yr.]

3. Publish *MA Mobile* in app stores under MAWS-owned app store accounts under the control of the Internet Trustee, appropriating annual fees as necessary. *MA Mobile* shall be published in the following app stores:

a. Apple App Store - iOS version, $99/yr.
b. Google Play Store - Android version, $25/yr.
c. Amazon Appstore - Kindle Fire (Android) version, $99/yr.

Furthermore, *MA Mobile* shall be published in at least the official app stores for any other platforms for which a version of *MA Mobile* exists, such as BlackBerry [$0/yr] or Windows Phone [$99/yr], as authorized by the Board of Trustees. *MA Mobile* for any platform may be published in other app stores besides those already covered as recommended by the Internet Committee and approved by the Board of Trustees.

4. In the spirit of cooperation, the Board of Trustees may authorize the sharing of the *MA Mobile* app and supporting web service code with other 12-step programs, or otherwise license the code to other parties on approval and under terms approved by the Board of Trustees.

5. MAWS, Inc., grants a non-exclusive license to the volunteer developers of *MA Mobile* to use the code they write for *MA Mobile* in other projects they or their companies develop, provided that these other projects do not represent themselves as being in any way associated with MAWS or MA. In particular no alternate versions of *MA Mobile* shall be published without the approval of the Board of Trustees. No outside projects shall access any *MA Mobile* web services hosted by MAWS without the consent of the Board of Trustees.

The total initial cost for those items to be approved in this motion, for GitHub and the listed iOS, Android, and Kindle Fire app stores is $307/yr.

MOTION 4

TITLE: Amend bylaws to allow remote attendance to future MAWS Conferences.

SUBMITTED BY:
Cheyney S, Policy & Procedures Trustee and the Policy & Procedures Committee

BACKGROUND/ORIGIN:
For too long we have thought about the possibility that people who are unable to attend a MAWS Conference could still participate using technology.
Various language within the Service Manual seem to prohibit such participation.

These suggested changes seek to free up MAWS to peruse the technologies that would allow full participation by remote attendees, were such technologies made available.

The following excerpts are listed without the unaffected sentences that follow to create a more readable motion. ***Bolded Italic*** lines are the added phrases and shall be in regular font in the formal version.

MOTION 4:

1. Change ARTICLE VI, SECTION 5. QUORUM Part (A) Percentage required. (*Page 108 of Version 4.1*) from

Two-thirds of the members shall constitute a quorum for the transaction of business at a meeting of the corporate members.

to

Two-thirds of the members shall constitute a quorum for the transaction of business at a meeting of the corporate members. ***Members count toward the quorum whether participating in person or confirmed as participating remotely though technology.***

2. Change ARTICLE VI, SECTION 5. QUORUM Part (B) Loss of quorum. (*Page 108 of Version 4.1*) from

The corporate members present at a duly called or duly held meeting at which a quorum is present may continue to transact business until adjournment, despite the withdrawal of enough members to leave less than a quorum, if any action taken (other than adjournment) is approved by at least two-thirds of the members required to constitute a quorum.
to

The corporate members present at a duly called or duly held meeting at which a quorum is present may continue to transact business until adjournment, despite the withdrawal of enough members to leave less than a quorum, if any action taken (other than adjournment) is approved by at least two-thirds of the members required to constitute a quorum. ***Members confirmed as participating remotely through technology are considered present.***

3. Change ARTICLE VI, SECTION 7. VOTING Part (B) Manner of casting votes.(*Page 109 of Version 4.1*) from

Manner of casting votes. Voting may be by voice or ballot, provided that any election of directors must be by ballot if demanded by any member before the voting begins.

to

Manner of casting votes. Voting may be by voice or ballot ***(in person or through technology)***, provided that any election of directors must be by ballot if demanded by any member before the voting begins.

4. Remove ARTICLE VI, SECTION 7. VOTING Part (C) Place of voting. (*Page 109 of Version 4.1*)

Currently reads "Members must be present at the meeting to vote."

5. Change ARTICLE VI, SECTION 7. VOTING Part (D) Percentage of votes required to act (*Page 109 of Version 4.1*) from

If a quorum is present, the affirmative vote of two- thirds of the members present at the meeting entitled to vote (other than the election of directors) shall be the act of the members, unless the vote of a greater number or voting by classes is required by California Nonprofit Corporation Law or by the Articles of Incorporation.

to

If a quorum is present, the affirmative vote of two- thirds of the members present at the meeting entitled to vote (other than the election of directors) shall be the act of the members, unless the vote of a greater number or voting by classes is required by California Nonprofit Corporation Law or by the Articles of Incorporation. ***Members confirmed as participating remotely through technology are considered present.***

6. Change ARTICLE VII, SECTION 1. DIRECTORS (*Page 109 of Version 4.1*) from

A member must be present at the annual membership meeting to be elected. Directors (Trustees) shall be elected at the annual membership meeting. All qualified conference attendees shall be eligible to be elected as trustees, subject to their right to withdraw their names from consideration, and provided they have substantially attended the conference at which they are being considered. All eligible persons shall be listed on a roster subject to view by all members for the duration of the conference. A quorum as defined in Article VI must be present, and two-thirds of the voting members present are needed to elect a Director. Notwithstanding this provision, two-thirds of a

quorum as defined in Article VI can elect to modify the procedure for electing Directors for the purpose of that annual meeting only.

to

A member must be present, ***in person or via technology,*** at the annual membership meeting to be elected. Directors (Trustees) shall be elected at the annual membership meeting. All qualified conference attendees shall be eligible to be elected as trustees, subject to their right to withdraw their names from consideration, and provided they have substantially attended, ***either in person or remotely through technology,*** the conference at which they are being considered. All eligible persons shall be listed on a roster subject to view by all members for the duration of the conference. A quorum as defined in Article VI must be present, ***either in person or through technology,*** and two-thirds of the voting members present are needed to elect a Director. Notwithstanding this provision, two-thirds of a quorum as defined in Article VI can elect to modify the procedure for electing Directors for the purpose of that annual meeting only.

7. Change ARTICLE VII, SECTION 2. ALTERNATE (*Page 109 of Version 4.1*) from

A member must be present at the annual membership meeting to be elected. First and second alternate Directors shall be elected at the annual meeting in the same manner as Directors, and shall be designated as such. In the event of a vacancy in the Board, the alternate(s) shall be appointed by the remaining Directors to the vacancy(ies). In the event that alternate Directors are not available or have already been appointed to other vacancies, the vacant position shall be filled at the next membership meeting.

to

A member must be present ***either in person or through technology,*** at the annual membership meeting to be elected. First and second alternate Directors shall be elected at the annual meeting in the same manner as Directors, and shall be designated as such. In the event of a vacancy in the Board, the alternate(s) shall be appointed by the remaining Directors to the vacancy(ies). In the event that alternate Directors are not available or have already been appointed to other vacancies, the vacant position shall be filled at the next membership meeting.

8. Change ARTICLE VII, SECTION 7. QUORUM *(Page 112 of Version 4.1)* from

Two-thirds of the elected number of directors shall constitute a quorum for the transaction of business, except to adjourn as provided in Section 8 of this Article VIII. Every act or decision done or made by two-thirds of the directors present at a meeting duly held at which a quorum is present shall be regarded as the act of the board of directors, subject to the provisions of the California Nonprofit Corporation Law, especially those provisions relating to (i) approval of contracts or transactions in which a director has a direct or indirect material financial interest, (ii)

appointment of committees, and (iii) indemnification of directors. A meeting at which a quorum is initially present may continue to transact business, despite the withdrawal of directors, if any action taken is approved by at least a majority of the required quorum for that meeting.

to

Two-thirds of the elected number of directors shall constitute a quorum for the transaction of business, except to adjourn as provided in Section 8 of this Article VIII. Every act or decision done or made by two-thirds of the directors present at a meeting duly held at which a quorum is present shall be regarded as the act of the board of directors, subject to the provisions of the California Nonprofit Corporation Law, especially those provisions relating to (i) approval of contracts or transactions in which a director has a direct or indirect material financial interest, (ii) appointment of committees, and (iii) indemnification of directors. A meeting at which a quorum is initially present may continue to transact business, despite the withdrawal of directors, if any action taken is approved by at least a majority of the required quorum for that meeting. ***Directors confirmed as participating remotely through technology are considered present.***

MOTION 5

TITLE: The Definition of Sobriety in MA is to Abstain from Marijuana

SUBMITTED BY: Anonymous

BACKGROUND/ORIGIN: Coming up with a definition of sobriety that everyone in M.A. could agree upon would be impossible, so in M.A talking about sobriety should be done in the context of marijuana because that is the only thing we all have in common.

However, Marijuana Anonymous does not reflect this singleness of purpose in its literature and service manual. It states opinions on outside issues of alcohol and other drugs. If a fellow has an issue with other drugs, alcohol or any other addictive behavior, there are programs for that. If MA is going to take a stance on outside issues through its own definition of sobriety, why not include food, sex, money, gambling and list every other possible compulsive/addictive behavior? We are bonded in MA by our common problem of Marijuana addiction. Our experience, strength and hope should also be centered on marijuana. Tradition Three States: “The only requirement for M.A. membership is a desire to stop using marijuana.” The Fifth Tradition states: "Each group has but one primary purpose-to carry its message to the marijuana addict who still suffers.” Every MA tradition refers to marijuana only. MA does not offer a solution to alcoholism, other drug addiction or in fact anything else other than marijuana and should not be defining sobriety in MA as anything other than abstinence from marijuana. We are breaking our traditions by defining sobriety as anything other than abstinence from marijuana. Even the MA service manual is inconsistent. For the definition of sobriety for Trustees, it includes “all other mind altering chemicals” but not alcohol, yet sobriety is defined in the rest of the manual to include alcohol. It appears that the sobriety requirement for trustees is different than for the rest of the fellowship.

Our program is based on AA, which follows a singleness of purpose and nowhere will you find that AA defines sobriety as anything other than sobriety from alcohol. It is time that MA truly adhere to the singleness of purpose

concept, and finally move away from the multi-purpose concept of abstinence from anything other than pot. To continue to enact this multi-purpose concept is a clear break of our very own traditions.

MOTION 5 : To define "sobriety" in the Service Manual as "sobriety from marijuana" and to remove all references from the Service Manual that include "alcohol, and all other mind altering chemicals" in the definition of sobriety.

MOTION 6

TITLE: Policy for Uncommunicative Trustees

SUBMITTED BY: Cheyney S, P & P Trustee, John M., Literature Trustee & Amy H, MAWS President

BACKGROUND/ ORIGIN: When trustees are elected at each Conference, they are given a great deal of responsibility for MAWS service.

When these Trustees do not fulfill their duties, the fellowship struggles.

It is understandable that life sometimes unexpectedly gets in the way.

For the past several years, the Board of Trustees has encountered instances in which an individual trustee has not been communicating with either the rest of the trustees, his or her individual committee, or both.
The process for addressing these instances is difficult and time consuming and takes time and energy away from other service matters. This new policy will ensure a smoother transition when someone has taken on more service than they can handle.

MOTION 6: If a trustee does not communicate with his or her committee and fellow trustees for a period of 90 days, he or she shall be automatically replaced by the alternate trustee.

Attempts to engage the individual will be documented by the President and discussed during the trustee meetings. No vote shall be required for the inactive trustee to be removed and the alternate trustee to be instated.

of the sound or word you're using to focus on. Make sure the word or phrase is not complicated. You can use short phrases like " Here and Now " , " Be Here Now", "I'm OK" , the above "Breathing In" , "Breathing Out", words like "Peaceful", Serenity", or what ever you think will calm you without bringing in other thoughts. If you're really having a hard time turning off The Committee, you can change your breathing to get started. Breathe in, hold for a second, then breathe out and hold for a second. Do this for a couple of minutes then breathe normally.

WHAT KIND OF ATTITUDE DO I ADOPT?

The idea is to GENTLY guide your mind away from its constant chatter. When thoughts pop in, gently push them aside and go back to your Focus. Don't think you are failing when the thoughts come. They will. It's perfectly normal. The more you practice, the less the jumble of thoughts will occur, and the less they will bother you. Just push them aside gently each time and go back to your Focus.

Do this for at least 10 minutes. Twenty minutes is even better. Decide before you start. You can open your eyes to check on the time, then gently close them and go back to your Focus (even if there's only one more minute to go). It's best not to use an alarm as it is far too jarring when you are really relaxed. After you finish, just sit for a few seconds, to gather yourself together. Don't stand for one or two minutes. When you're ready, you can go back to the hustle and bustle, revived and refreshed.

ANY OTHER RECOMMENDATIONS?

There are many different forms of meditation. You may want to read some books or take a class. There are even "guided" meditation tapes. Just make sure that none of the visualizations create a negative response in you. (Such as the sound of waves if you're terrified of the ocean.) Take some time and find the method that works best for you. It is a tool that all of us can use in our recovery. It can make our lives less stressful and more spiritual on a daily basis.

WHAT IS THE GOAL OF MEDITATION?

The goal of meditation is to help develop our coping skills and increase our serenity. It does a better job of doing this than any substance we can put in our bodies. It relaxes us for a few minutes and is good for the body as well as the soul. It turns off The Committee for a little while and lets us find our inner quiet selves. Sometimes, if we do it regularly for a while, we have a momentary spiritual experience and get to really feel on a gut level that we are indeed OK. We can, with this tool, improve our conscious contact with God, as we each understand God.

District 6 Approved Literature
Marijuana Anonymous, LA North, 1999

Marijuana Anonymous

12 Step Program for Marijuana Addicts

District 6 Literature
Los Angeles North
P.O. Box 2433
Van Nuys, CA 91404
(818) 759-9194

"Sought Through Prayer and Meditation"

Meditation

(For Beginners)

STEP ELEVEN: "Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out".

Many of us came into Marijuana Anonymous with no real idea of how to pray or to meditate. For many of us, prayer was something we mumbled and sent on it's way when we were in trouble and meditation was something vaguely akin to prayer. If we hadn't made a real study of the process, we had no idea what the difference was, if any.

WHAT IS MEDITATION?

Many people think of meditation as thinking of God. it isn't. It's trying to still the chaos in our minds. Some of our more religious members describe the difference between the two by saying that prayer is talking to God, and meditation is listening to God. Meditation is getting in touch with your inner self. It's slowing the constant "chatter" in your mind. We don't realize it while we're going along living our lives, but there is a steady bombardment of thoughts going on in our heads Some of these thoughts are in words, some are in pictures. Some of them whiz by so fast that we don't even notice they've come and gone. "Need to get the . . . hurts when I touch . . . came at me like a bat out of . . . promised to go to the . . . can't seem to see . . ." All of that adds to our constant stress level. Sometimes we call it The Committee. What ever we call it, it isn't healthy; not for our mental health, not for our physical health. We need to find a way to turn that off, and just be in the here and now for a few minutes. The tool we use for that is meditation.

Meditation is a form of deep relaxation in which even brain wave patterns change. When in that deep state of relaxation, the pulse slows, the blood pressure lowers, and the digestive process almost stops. It is more restful and refreshing than sleep. It is most useful when done on a daily basis, and at the same time each day, especially until you learn how. It is best done uninterrupted, at least two hours after a meal, and from a comfortable sitting position; no phone, no radio or TV, no pets, no outside stimuli. Some meditation techniques will encourage you to do it twice daily but just once a day can bring tremendous changes in your coping skills. It is best when done every day because the days that are the hardest to sit still and meditate can be the days it does the most good.

The kind of meditation addressed here has nothing to do with any religion or sect. It is a form of contemplation that has been helpful for centuries. This is how you can learn to turn off your mind's chatter and bring your body into complete deep relaxation.

WHAT KIND OF ENVIRONMENT IS BEST?

Find a calm quiet spot. This can be a place of worship, a quiet park, or a room in your home. Close the door, turn off the phone bell, and put your pets out of the room. The quietness makes it easier to concentrate on your Focus. For some people it helps to dim the light in the room also. The idea here is to eliminate as many distractions as is possible.

WHAT POSTURE IS RECOMMENDED?

Sitting is suggested because if you lie down you're liable to fall asleep and that is not the goal here. In most meditation the eyes are closed, although with a visual Focus, the eyes are open. Make sure you are comfortable. Keep the spine straight and place your hands in your lap or on the arms of your chair. Rest your feet flat on the floor. Balance the head carefully. Good carriage is important. If you prefer the cross-legged "lotus" position, that's fine. You should be comfortable and able to relax but not fall asleep. Relax all the muscles of your body, starting with your feet and working up to the top of your head.

WHAT DO I FOCUS ON?

The next thing is to find something to keep your mind focused on. It can be a sound, a word or phrase, or something to look at such as a mandala (a circular geometric design) or the tip of the flickering flame of a candle. The idea behind this is to give your mind something non stressful to think about instead of the constant wandering that it will want to do. The repetition of the sound or word gives you something to return to when The Committee sends you something to worry or panic about. (You'll be amazed at what your mind is going to try and distract you with, everything from what happened when you were five to how your leg has suddenly started aching.) Do not stop until the full time you decided upon before you started has elapsed! That's just The Committee telling you to get up. Close your eyes, take a deep breath, then exhale. Breathe through your nose and become aware of your breathing. If you want, this awareness can be what you use to focus on. You can follow your breath past the tip of your nose saying silently to yourself, "Breathing In", and on the exhale, "Breathing Out". You can focus lower in the body on the rhythm of the breath such as when it enters and exits the lungs, or on the diaphragm as it moves up and down with each breath. You can even imagine the whole body to be filling and emptying with each breath. Use the normal breathing rhythm to enhance the repetition